

Crockpot Chicken Lentil Soup



MAKES 10 - 12 SERVINGS

Ingredients:

- 1 carton (32 oz) low-sodium chicken broth
- 3 c water
- 4 chicken breasts, cubed
- 16 oz dry lentils
- 1 sweet onion, diced
- 5 celery stalks, chopped
- 5 carrots, thinly sliced
- 2 Tbsp chopped fresh basil (or 1 tsp dry basil)
- 2 tsp sea salt
- 1 tsp cumin
- ¼ tsp ground black pepper, or to taste
- ¼ tsp garlic powder to taste

Directions:

Combine all ingredients in a Crock-Pot. Cook on high for 3-4 hours or on low for 8-10 hours, until chicken is cooked thoroughly and tender. Store leftovers in the refrigerator in an airtight container for a quick meal. Leftovers can also be frozen.

